Calcium

Why it’s important

Calcium is often thought of as a nutrient that helps to keep your bones and teeth strong. It is also involved in your nervous system, blood clotting and controlling your muscles.

Recommended intakes

In the UK, the following calcium intakes are recommended:

![Table showing recommended daily intakes of calcium by stage of life](image)

*Please note that this resource is aimed at adults. Resources for pregnancy, breastfeeding and children are available at [vegansociety.com](http://vegansociety.com).

Sources of calcium

You can get all the calcium you need from a totally plant-based diet. Sources include calcium-set tofu, calcium-fortified milk and yoghurt alternatives, bread fortified with extra calcium, kale, pak choi, okra, spring greens, dried figs, chia seeds and almonds. The table on the next page highlights that calcium-fortified products and calcium-set tofu are particularly good sources of this nutrient. Include calcium-fortified foods or calcium-set tofu in most of your meals to help you meet your daily requirement.
Calcium absorption

In addition to the amount of calcium in a serving of food, there is information available about how easy it is for your body to absorb it. The table below shows you the absorbability of calcium in some plant foods:

Summary

- Calcium-set tofu and calcium-fortified foods are particularly good sources of calcium. For example, 400ml of calcium-fortified plant milk would provide about two thirds of an adult’s recommended daily intake of calcium, and 100g of calcium-set tofu (uncooked) might provide about half of it.
• Other plant-based sources of calcium include kale, pak choi, okra, spring greens, dried figs, chia seeds and almonds
• Include calcium-fortified foods or calcium-set tofu in most of your meals to help you meet your daily requirement

References